

## SCANG sets 9th Air Force record during inspection

The SCANG is again turning heads and setting records. This time through the Standardization and Evaluations inspection held Feb. 22-26.



This is the first time any 9th Air Force unit received across the board outstanding ratings in all areas and the third time

the SCANG received an overall score of outstanding for the Stan/Eval shop.

Lt. Col. Akshai Gandhi, chief of standardization and evaluation for the Fighter Wing said, "A lot of folks worked long hours and showed the Air Force the Swamp Fox standard."

Gandhi said there were 17 commendable items and 16 graded areas in the inspection. Inspectors poured over records and aircrew performance during their time on base. Some

areas inspected were Trend Program, AF Form 847 Program, and Briefing Facilities.

According to the inspection report, "The 169th FW, the only Air National Guard SEAD unit, improved its stellar Stan/Eval performance since the last inspection in December 2005. This performance was evident by the selection as one of five initial bed down candidates for the F-35 Joint Strike Fighter."

(by SSgt. Stephen Hudson, 169th FW/PA)

## SCANG command leadership changes in 2010



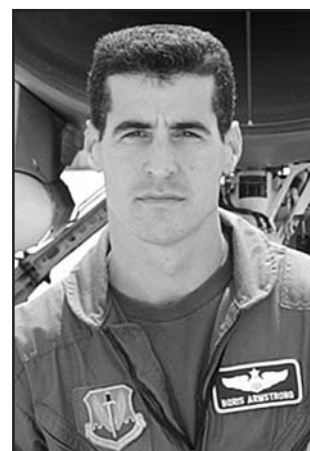
Col. Mike "Crab" Manning  
Vice Wing Commander,  
169th Fighter Wing

In February, Col. Deane Pennington was selected as Chief, 9th Air Force Standardization & Evaluation Division, a position normally held by an active duty colonel. This assignment emphasizes how others value the performance and standards of the Swamp Fox family.

Col. Pennington joined the SCANG in 1989 as an F-16 instructor pilot, and held positions to include flight commander, operations officer, squadron commander, and Vice Wing Commander.

Col. Scott Williams, commander of the 169th Fighter Wing said, "D-Dawg has provided unparalleled leadership to the 169th Fighter Wing as the Vice Wing Commander since 2006. As such, he provided key vision and oversight that directly contributed to the 169th Fighter Wing's success during the past two ORIs. D-Dawg has been one of the most valued officers assigned to this wing."

Williams added, "Congratulations to all on their new assignments, and thank you D-Dawg for setting a fine example for all of us to follow."



Lt. Col. Boris "Robo" Armstrong  
Operations Officer,  
157th Fighter Squadron



Lt. Col. David "Oscar" Meyer  
Vice Base Air Commander,  
169th Fighter Wing



Col. Deane "D-Dawg" Pennington  
Chief, 9th Air Force Standardization  
and Evaluation Division



Lt. Col. Akshai "Abu" Gandhi  
Program Manager,  
169th Fighter Wing

# Commander's Corner



by  
**Col. Joanna Shumaker**  
**Director of Staff**  
**Joint Force Headquarters**



Whew! Whoever said that January and February were historically slow months in the Guard obviously did not spend them at McEntire Joint National Guard Base. For the past two years, I have never seen so much activity at McEntire as I have during the New Year's and President's Day holidays.

Since I took over as Director of Staff in 2008, I can honestly say there has never been a "slow period" of activity in the SCANG. From the back-to-back Operational Readiness Inspections to real world deployments and exercises to focused efforts to preserve and grow the SCANG amid some pretty high level resistance, I have been truly impressed by the tenacity of our leadership in the face of adversity and the dedication of the Swamp Fox team.

I would like to take a moment to pass on some kudos to our SCANG leadership,

both at JFHQ and at the Wing. I am firmly convinced that we have the right people, in the right place, at the right time to navigate the tremendous challenges we are facing. Their dedication to being Swamp Fox Family and McEntire is second to none. Our leaders have remarkable credibility and have developed a network of contacts at NGB and among our state and local leaders to ensure our voice is heard. From my vantage point at the headquarters level, this is exactly the type of effort we must sustain as an organization in order to compete for and win the fight for F-35s on our ramp by 2017. We can't rest on past laurels nor can we be complacent or lethargic in our daily responsibilities. We must remain proactive, vigilant and aggressive in all of our activities from this point forward.

Corporately, we have discussed the need

to grow a larger bench of senior officer and NCO leaders who possess the qualities needed to fight for the future of the SCANG. The next generation of leaders must possess qualities such as personal accountability, risk-taking, proactive conflict management, team-building skills, self-sacrifice, and a willingness to go the extra mile without being asked. We believe there are some amazingly talented individuals in our ranks and we are committed to growing and equipping these outstanding Airmen to become those who will successfully and effectively lead our future SCANG leadership team. We also can't afford to reward mediocre performance or self serving agendas. This is no longer the SCANG of our past – this is the SCANG of our future.

To those of us who serve in leadership positions right now, you should be mentoring those who will replace you. If our primary focus is on our personal agendas or career aspirations we lose our ability to be objective and make decisions in the best interest of the organization. A great test I learned early in my officer career to help make the best personnel and organizational decisions is to ask three questions. First: Is it in the best interest of the overall organization (e.g. the ANG)? Second: Is it in the best interest of the unit (e.g. the SCANG)? Third: Is it in the best interest of the individual? Unless the answer to all these questions is "Yes", you may need to re-evaluate your proposed action.

There has never been a more critical time for each of us to bring our "A" game to the fight. Now's not the time to take your foot off the accelerator. It won't be easy but it will be worth it, especially to those who will inherit the SCANG of the future.

Congratulations for bringing our Swamp Fox team to this point of excellence and for helping us earn our superb reputation. You should be proud of everything you've accomplished. I have the utmost confidence we will exceed all expectations and continue on the flight path to even greater achievements. Go Swamp Foxes!

"The trick to success sounds very simplistic because it is very simple: just begin. Take a single step followed by another, and then another. Don't look too far out in to the future, and don't look too far back either. Stay centered in the present moment as best you can. If you follow this simple plan, you'll be amazed at what you can accomplish over time".

-Author Unknown

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**The SCANG News** is the official newsletter published by and for the members of the South Carolina Air National Guard. The contents of The SCANG News are not necessarily the official views of, or endorsed by, the US government, DoD, Department of the Air Force or the SCANG.

Official Mission Statement of the 169th Fighter Wing: To provide a trained and equipped citizen fighting force that exceeds the capability of any Guard, Reserve, or active-duty Air Force unit in the protection and defense of state and nation; to maintain the capability for worldwide deployment of combat-ready assets to meet contingency and general war requirements; to employ conventional munitions in close-air-support, interdiction, offensive counter-air, defensive counter attack, suppression of enemy air defenses and special capability AGM-65 Maverick missiles; to provide world-class units that are recognized as being the best of the best when directed by the governor to preserve and protect the life, property, peace and public safety of the citizens of South Carolina.

Submission of SCANG News material: Articles and photography are welcome and should be submitted prior to the deadline (see below). E-mail submissions to 169FW.PA.SCANGNews@ang.af.mil.

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**Deadline for the May issue is April 11**



## Chief's Concerns

Chief Master Sergeant Michael Hale, 169th MOF

I had the privilege to be the NCOIC for the Iron Falcon Deployment. We took Active, AGR, Traditional and Technicians and hit the ground as one, Team Swamp Fox. The AFCENT personnel said we were the most prepared unit they had dealt with. All goals and time lines were exceeded. (Well maybe not the return home time line.) Accolades came from generals on down such as: best unit seen to date, best maintenance seen anywhere, best maintained aircraft, and lived up to your "world wide" reputation as one of the Air Force's premier fighter wings. Even the hotel management said that we were the best military guest to ever visit. All the accolades made me proud to be a Swamp Fox, but the most satisfying accomplishment was getting everyone home safely.

That brings me to my main topic. Recent events at McEntire have me concerned. Lately, we have had an alarming number of accidents, injuries, damaged equipment, and near misses. We must pay attention to these indicators and work to resolve them. There is nothing more heart breaking than the look on a family members face as they wait for word on the condition of their injured loved one. We seem to be on our toes for deployments and inspections, but for day

to day operations we seem to be letting "Our Guard Down."

### WHAT CAN WE DO?

-Risk assessment: Take a close look at your daily tasks. Are you following written procedures? Do the procedures need to be updated? Everyone has dangers in the work environment. As the safety office says "play the what if game."

-Situational awareness/wingman: Be alert to your surroundings. Be a good wingman; watch out for your team mates. If you see someone doing an unsafe act, bring it to their attention. You may be their last chance.

-Housekeeping: Keep your work areas clean and free of trip hazards. Make sure mechanical equipment is working properly. Keep personal safety equipment in serviceable condition.

-Complacency/high ops tempo: We used to do one deployment/inspection a year-then several a year-now several at the same time. Get plenty of rest. Don't let complacency due to task familiarity take over. "I've done this a thousand times." "I know a short-cut." Follow technical data.

-Leaders need to lead: You can't lead from behind a desk, (I am guilty too!) Get out into



your work areas. Talk to your airman face to face and "LISTEN" to them. Observe and be familiar with what they do. Have regular safety briefings, and take action.

-Knock it off card: In day to day operations, there is not a sortie, task or deadline that can't be changed. If you see something that you think that is unsafe, you have a "knock it off card". Use it.

Our people are our most valued asset. Each of you is a spoke in the wheel that keeps the Swamp Fox team rolling.

Be safe!



## Recruiting & Retention

### Military Personnel Summary

#### Strength

##### Officers:

Authorized	143
Assigned	132
Percent Manned	<b>92.3%</b>

##### Enlisted:

Authorized	1198
Assigned	1244
Percent Manned	<b>103.8%</b>

##### Total:

Authorized	1341
Assigned	1376
Percent Manned	<b>102.6%</b>

(as of March 11, 2010)

#### Recruiting/Retention

##### Gains:

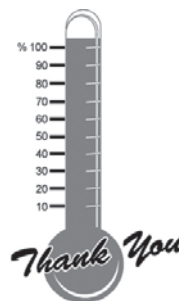
	<u>MONTH</u>	<u>YTD</u>
Prior	1	34
Non-Prior	6	54
Total	7	88

##### Losses:

ETS	0	6
Discharge	0	6
Medical	0	0
Resignation	0	1
Retirement	0	11
Transfer	0	6
Other	0	0
Total	0	30
<b>Net Gain/Loss</b>	<b>+7</b>	<b>+58</b>

### Recruiting Progress

**We're at 102.6 percent!**



**We must maintain 100% strength through 2010! Recruit & Retain!**

There are many positions open for immediate recruiting...

Munitions, Weapons, Crew Chiefs, Life Support, CE, Security Forces and more





## Briefs

### Free childcare available

Free childcare for children 6 weeks to 12 years is available at Fort Jackson's Child Development Center for all Guard and active duty members for posted drill dates. The CDC is located in base housing next to the Fort Jackson Commissary. Hours of operation are 6 a.m. to 6 p.m. For more information, contact Terry DeLille, (803) 647-8089 or email her at carolyn.delille@ang.af.mil.

### Commander's Action Line

Have a question, concern or problem? Leave a message on the Commander's Action Line. If requested, a member of the Commander's staff will respond with a resolution. Call (803) 647-8899.

### Yellow Ribbon Program

Radisson Hotel, May 2. Receive information on benefits and services prior to spouse's deployment. The Yellow Ribbon-Pre-deployment program is for members and families. Melissa Mitrik at (803) 647-8214 or e-mail her at mamitrik@gmail.com.

### May prayer breakfast

The Chaplain's Office will hold a prayer breakfast in the Base Dining Facility from 7:30-8:30 a.m., May 2. This event will take the place of the regular 8:10 a.m. and 10:30 a.m. worship services. All members are invited to attend.

### Personal weapons policy

No personal weapons of any type, concealed or in plain view, are allowed on property of the S.C. Military Dept. and under the jurisdiction of the SC Adjutant General. Exceptions are members whose job requires them to carry weapons and who have written permission from the TAG.

### H1N1 & seasonal flu vaccine

The H1N1 and the seasonal flu vaccines are mandatory. If you haven't had them, get them at the Clinic at April drill. If you got the vaccines from a civilian provider bring your documentation to the Clinic.

### ESGR Committee wants you

The SCANG Employer Support of the Guard & Reserve (ESGR) Committee seeks volunteers. Contact Lt. Col. Glen Boatwright, (803) 647-8216 if interested. Visit <http://scguardnow.net> for information.

## Chiefs Retirement Banquet

The SCANG Chief Council will be sponsoring a Chief Retirement Dinner April 30, at the Fort Jackson NCO Club. The social will begin at 6 p.m. and dinner will be served at 7 p.m. The attire is Mess Dress or Semi-Formal. Tickets are \$25.00 each and are available from any CMSgt assigned to SCANG.

The following individuals will be honored:

**Carl Alston**  
**Randy Coleman**  
**William Delavan**  
**James Edwards**  
**Frank Fields**  
**Tanda Fleming**  
**James Johnson**  
**Victor Owen**  
**Peter Prioleau**  
**Kevin Ridenour**  
**David Roach**  
**Thomas Stack**  
**Jack Tedder**  
**John Tjaarda**  
**Terry Wingard**

The invitation is for everyone who wants to join the festivities.

## Job Openings

### Equal Opportunity Officer

The 169th Fighter Wing has an opening for a traditional Equal Opportunity Officer. This is a commissioning opportunity. Send an application package consisting of your AFOQT score, College Transcript, a resume, and a letter of intent to Capt. Ed Pearce 169th Fighter Wing Equal Opportunity Officer, 1325 South Carolina Rd. Suite 1, Eastover, SC 29044. For more information call (803) 647-8208.

## Swamp Foxes tackle UCI in February 2011

The SCANG is scheduled to take on a Unit Compliance Inspection in February 2011 and according to Lt. Col. Scott Lambe, Exercise Evaluation Team Chief for the inspection, every airman on base can make a difference.

"It's gotta be 100 percent," Lambe said. "Sign on to ADLS and knock out your courses."

Lambe added that not only ADLS courses, but classes offered during drill weekends are inspectable items and need to be completed. Some of the courses that need to be completed are Human Relations and Suicide Prevention.

"If one person does not complete what they are supposed to, it could be a write up," Lambe said.

The inspection will be conducted by the ACC's IG and Lambe stressed that airmen also need to work with supervisors and training managers to ensure CFETPs are up-to-date and training is properly documented.

## Blood Drive

There will be a blood drive held in the canteen on  
**6 June**  
**8 August**  
**3 October**

**The goal is to get 90 pints**  
**Lets make it happen !!!**



# C-130 Mission - Feeling Good and Flying High

*The following commentary was submitted by MSgt. Harry W. Ferrel, C-130 Crew Chief.*

As I approach my first year here at McEntire, I find myself reflecting on the past year, which has been a huge learning experience and familiarization process for me. Transitioning from a heavy aircraft base to the fighter wing has been interesting. I have had the pleasure of becoming one of South Carolina's finest and I am proud to be here.

The C-130 program has made leaps and bounds this year, although our manning has changed. We are in a learning curve and have had to overcome some hurdles. However, we are stronger as we have learned from our mistakes and our accomplishments.

I would like to thank all who have been a part of our success, while mentioning that we, the C-130 maintenance group, truly appreciate the support we receive on a daily basis. Your efforts and support have aided

us in maintaining a mission capable rating of 85+ percent thus far this year. As quoted, "One mission, one team, one fight." Thank you!

We are proud to serve our unit and country. We also receive great pleasure and satisfaction with each successful mission. Your support is critical to our accomplishments

and I hope you receive the same pleasure and rewarding feeling that we experience each time the "Ol' Girl" takes off.



## McEntire's C-130 goes to the dogs for local police

The SCANG's C-130 has a long and distinguished history. Whether they're providing lift support to the fighter squadron or disaster assistance, the C-130 and its crew are always on the go.

March 18, they added "K-9" to their mission log when they picked up two drug and bomb detecting dogs from the Military Working Dog program at Lackland Air Force Base in San Antonio, Texas for the Batesburg-Leesville Police Department.

Lt. Col. "Buck" Shuler, command pilot for the C-130, said their primary mission was to deliver a trailer of two F-16 smoke missile generators to the Naval Air Station, Fort Worth Joint Reserve Base in Texas. But when a support request came in from the BLPD, Shuler said they were happy to help. BLPD obtained the dogs through the DoDs MWD School where dogs are trained and donated to law enforcement agencies. Police Chief Wallace Oswald, a First Sergeant in the S.C. Army National Guard, flew out to pick up the dogs along with a department dog handler, Senior Airman Nick Carver, 169th Security Forces Squadron.

"We are a unique asset as the only cargo aircraft in the South Carolina Air National Guard," said Shuler. "We not only provide mission essential lift capabilities for repairs to keep the F-16s flying, we're ready to support whenever and wherever needed."

Oswald, who has served with the BLPD for more than 30 years, said they did not have any dog assets, as they recently lost one to old age and the other to cancer. He said the department was very grateful for the SCANG's assistance in getting the dogs and supporting the community.

Carver, who has been a dog handler with the BLPD for more than two years said his new partner will be Sisko, a two year old, 79 pound German Shepherd. His duties will include patrolling and drug and explosive detection.

"Although they received training at the school, the training never



(Photo by Capt. Cindi King, 169th FW/PA)

**MSgt. John Jones and MSgt. Bo Heustess secure Kkaplan and Sisko for the flight to South Carolina.**

stops with a patrol and detection dog," said Carver. BLPD also picked up a two year, old 49 pound black Labrador Retriever named Kkaplan. He is from the Transportation Security Administration puppy program at Lackland. "Kkaplan is not only going to be a drug and bomb detection dog for the department, but also our community relations dog who travels to schools," said Oswald.

(by Maj. Jim St. Clair and Capt. Cindi King, 169th FW/PA)

# Keeping your family safe and secure while deployed

Although the 169th Fighter Wing has recently supported numerous military exercises, the upcoming AEF support mission is the first major deployment since 2004.

To some Airmen, this deployment is their third or fourth deployment. To them, the preparations are routine. However, even for the most seasoned Airman, there are always those unforeseen circumstances that plague deployments and can impact loved ones at home.

CMSgt. Zane Wall, Wing Command Chief said, although Airmen do their best to prepare, there can be "unexpected" incidents when the family doesn't know what to do.

"Airmen need to make sure routine maintenance for major appliances or even grass cutting is taken care of before they depart," said Wall.

Wall said he wants to ensure family members are supported and understand living close to the base may make it easier to get help. He reminds those family members who live far away to have a contact list.

"Our Family Support Group and base personnel will be operational during the AEF. Should any family member need assistance, they should know we are here," said Wall.

Col. Calvin Elam, Mission Support Group Commander, said Airmen must take care of financial matters before they depart.

"Location of financial documents, accounts and passwords are important to discuss with family members," said Elam. "Not knowing

anything about bank accounts or even how to pay bills are the most common problems we see when people deploy."

With deployment preparations, the Department of Defense emphasizes operational security be a priority not only for the departing service members but for the people remaining at home.

"While it's common for people to talk amongst family, letting outsiders know about it on Facebook and Twitter is an operational security violation and can put you in jeopardy," said Lt. Col. Paul Laymon, Anti-Terrorism Officer.

Laymon said it's important not to publish or post on social networking sites when units are deploying, where they might be going, what they are doing or expected return dates. He also said all Airmen should review the Airman's Manual, (AFPAM 10-100).

"It is critical for our Airmen to remind their children or teenagers not to post or talk about having a parent deployed," said Laymon. "There are predators and cyber terrorists who look for this type of information. In this day and age, operatives can find any open source information on anyone and try to do harm."

The military understands that deployments are stressful on family members. Support networks and Chaplains are available should they feel isolated, depressed or anxious.

"Department of Defense studies of children of a parent who has been on multiple deploy-

ments indicate a higher rate of depression and substance abuse," said Chaplain (Col.) Stephen Shugart, S.C. National Guard Chaplain.

Shugart said family members should watch for any signs of withdrawal or dramatic changes in behavior in children or teenagers when a parent is deployed. Having them talk, especially to other teenagers helps immensely and lets them realize their feelings are normal.

"The military knows the success of a mission depends not only on the deploying individual, but on the support network at home," said Col. Scott Williams, Fighter Wing Commander. "While we know there are always unexpected occurrences while we're away, keeping the support network open and active between our Airmen and their family members is what we strive for." Williams said the days when families of military members are kept in the dark and uninformed are long gone.

"We're a family at the Wing and will not leave an Airman behind. This includes family members," said Williams.

The following are some valuable resources for family members during deployments.

<http://www.scguard.com/family/default.aspx>  
<http://www.afcrossroads.com>  
<http://www.guardfamily.org/Youth>

(by Capt. Cindi King, 169th FW/PA)

**SCANG Recruiters, 1-800-432-2754, 187-SWAMPFOX, [www.goang.com](http://www.goang.com)**

## McEntire JNGB

### SMSgt. Lorenda Thomas

Recruiting & Retention Superintendent  
Officer Recruiter  
(803) 647-8414 BB: (803) 608-8940

### MSgt. Brad Gibson

Recruiting Office Supervisor,  
Officer Recruiter  
(803) 647-8438 BB: (803) 315-7419

### MSgt. Ceomara Timmons

Retention Office Manager  
Palace Chase/Palace Front  
and Guard Transfers  
(803) 647-8211

## Village at Sandhills

### TSgt. Brian Bailes Recruiter

(803) 462-0455  
BB: (803) 315-7482

### TSgt. Topeka Blackwell Recruiter

(803) 462-0455  
BB: (803) 351-0939

### TSgt. Chris Sewell Recruiter

803-462-0455  
BB: (803) 206-2499

## Shaw AFB

### TSgt. Steve David Recruiter

(803) 895-4790  
BB: (803) 608-3098

## Charleston AFB

### SSgt. James Rodriguez Recruiter

(803) 647-8085  
BB: (803) 391-6348

## Reminder

### 2010 Top Gun Drill Meet April 17

The recruiting office is looking for volunteers to help. E-mail [topeka.blackwell@ang.af.mil](mailto:topeka.blackwell@ang.af.mil) if you are interested.

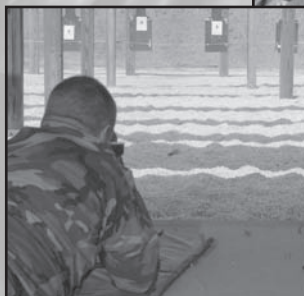




## Combat Arms trains McEntire's force on M-16s



SSgt. Keith Kendrick conducts a class on the M-16. (top left) SSgt. Neil Young is the Range Boss to ensure proper procedures are followed. (top right) TSgt. Paul Wallace checks a target after a practice round. (above) SSgt. Jeremy Hunt gives advice to SrA. Brett Helmbrecht. (right)



It's a skill airmen hope they never have to use. In the event of engaging an enemy target in hostile fire, the skills taught by McEntire's Combat Arms instructors can be a life saver.

Any airman deploying must complete their requalification course for their weapons prior to going downrange.

"You cannot be deployed without being trained," said SSgt. Keith Kendrick, a Combat Arms instructor at McEntire.

Kendrick, who has been an instructor for three years and joined the SCANG in 2002 after four years in the Navy, said he loves teaching.

"This is what I wanted to do when I came in the Guard," said Kendrick.

Although Combat Arms instructors teach the base

populace marksmanship fundamentals and qualify them, they also are responsible weapon maintenance and modifications too. However, Kendrick said the bulk of their time is spent on training.

For the instructors, Combat Arms training is a 10-week course held at Lackland AFB, Texas. This is where students learn about each weapon in the Air Force's inventory. Eighty percent of their time is spent learning weapons maintenance and the other 20 percent is spent on teaching, preparing lesson plans, and knowing their audience.

"We've got an outstanding team," Kendrick said. "All of us here enjoy what we do."

There are four combat arms instructors at McEntire responsible for the training of everyone on base.

Kendrick said all the instructors at McEntire take pride in ensuring airmen on base feel comfortable handling and using their weapons, because it's a skill they may get called on to use one day.

(by SSgt. Stephen Hudson, 169th FW/PA)



(photos by SSgt. Jorge Intriago 169th FW/PA)



# New base gym increases focus on health and fitness

After months of anticipation, the McEntire “Fit to Fight” Base Gym opened to rave reviews on February 23, featuring state-of-the-art cardio and strength training equipment. “We strongly believe that dedicated use of the facility will improve SCANG members’ fitness assessments,” said SMSgt. Debrah Smith, the Facility Manager.

The base gym, which is located in the old Fabrications Shop, near the new AGE building, has over \$25,000 of exercise equipment, which includes (2) exercise bikes, (6) cycles, (2) stair step machines, (7) treadmills, (6) ellipticals, in addition to universal strength training equipment and free weights. There is also approximately \$18,000 worth of Audio-Video equipment, to include televisions and an XM radio system, which are maintained by the Communications Flight.

Smith, who is responsible for maintenance and cleanliness in the gym, expects the entire base populace to be accountable, by cleaning each piece of equipment after usage. She stated, “This gym belongs to all current SCANG members and full-time employees, and is the job of everyone to maintain.” Although several cameras are installed, integrity is expected that members will adhere to the policies dictated by the agreement or risk the chance of having their privileges revoked. Smith also stressed that no food is allowed in the exercise area at any time, and that water is only allowed in sealable



(Photo by SSG. Tracci Dorgan, 169th FW/PA)

## Col. Deane Pennington speaks before ribbon cutting.

containers. Another policy to aid in cleanliness is the requirement to change to “clean-soled” sneakers in the lobby or locker room before entering the exercise area.

Smith and her staff, which includes TSgt. Juan McCoy and TSgt. Tonya James, must also ensure they are in compliance with the Air National Guard’s initiative to conserve energy by making sure that the lights and water are off at the end of each day.

Even though the base commander allocated one hour per day for three days of each week, members are welcome to use the gym during off-duty hours also, since the hours of operation is 0500-2100. Use common courtesy to those who are waiting to utilize the equipment by limiting your usage to 30 minutes during peak hours.

Registration is open to full-time employees of the SCANG, traditional airmen, and active associates. To register, eligible members must sign the Users’ Agreement. Once registration is complete, entry will be granted by the use of your registered CAC or by an authorized PIN.

Smith said, “we have additional enhancements to add, such as scales and medicine balls.” She further stated, “I am also exploring the installation of energy bars and sports drink vending machines in the lobby.” However the staff is always available for suggestions and questions from its members, which should be addressed to SMSgt. Debrah Smith, or the Gym Staff at x8712.

(by MSgt. Pelham Myers, Jr. 169th FW/PA)



(Photo by SMSgt. Ed Snyder, 169th FW/PA)

A ribbon cutting ceremony was held on February 23, to open the new base gym.

## New fitness standards take effect July 1, 2010

The Air National Guard will begin its new fitness standards July 1, 2010, preparing airmen for the rigors of deployments and tough working conditions.

“The purpose of this is to get our people fit to fight and not retention,” said Lt. Col. Shane Stewart, Medical Liaison Officer. “We have to have a fit force.”

Stewart said anyone deploying for the upcoming AEF must have a current fitness assessment. That assessment will fall under the current rating system since the new standards will not begin until July 1. The Air Force Instruction that governs the program is AFI 36-2905, Fitness Program.

These upgrades will bring about some of the most significant changes to fitness standards in the last five years and shift a greater level of responsibility for maintaining year-round physical fitness to all airmen, and everyone is required to maintain their physical readiness.

Test components are scored on a 0 to 100 scale based on age, gender and the following maximum component scores: 60 points for aerobic, 20 points for body composition, 10 points for push-ups and 10 points for sit-ups. The biggest change for the new fitness standards are that if an individual fails one portion, then they fail the entire test. A failure results in completing an online fitness course and retaking the test at a later date.

The Air Force Fitness Program’s goal is to motivate airmen to participate in a year-round physical conditioning program that emphasizes total fitness, to include proper aerobic conditioning, strength and flexibility training, and healthy eating.

Airmen also need a passing fitness score to meet the promotion board, re-enlist, attend in-residence PME and attend technical schools. To learn more about the new fitness program and view scoring components that become effective in July, visit: [www.afpc.randolph.af.mil/affitnessprogram](http://www.afpc.randolph.af.mil/affitnessprogram).



# Yellow Ribbon pre-deployment event in May

The Yellow Ribbon Program is new here on McEntire, but it is not a new program to the National Guard. Melissa Mitrik, The Yellow Ribbon Program Coordinator has planned an event to introduce it to all Swamp Fox members, the Pre-Deployment Event is being held May 2, in downtown Columbia at the Radisson Hotel.

Mitrik said "This is a very important event and all service members that are deploying in the upcoming AEF, or for anything else that will be 90 days or longer, will be required to come. For those service members that are deploying for shorter periods, the weekend will still be a benefit."

Attendance at the Yellow Ribbon Event is not mandatory for families, but it is recommended that your spouse or a loved one come to see what is discussed.

Mitrik reminds those that are leaving "Think about those who are left behind, take care of those family members as best you can by making sure they have the ability to get in touch with whatever care they may need." She added "We want everyone to understand that our services are always available and someone is always ready and able to assist them."

In an attempt to make the event more accommodating, there will be ST days for all service members that are required to go, invitational travel orders for up to two family members, the hotel costs will be reimbursed, mileage will be reimbursed by a travel voucher if more than 50 miles, and FREE childcare for children of all ages will be provided. There will be the ability to fill out travel

vouchers at the end of the event to get that started before the weekend is even over. It's a win, win situation.

The Yellow Ribbon Program was designed to benefit National Guard members and their families by helping to give them access to necessary support and guide them to appropriate information, services, benefits, proactive outreach opportunities, and referrals to help them "reintegrate" following an operational deployment. The program was designed to fulfill this need by serving as the link between service members and all the channels of help that they may need.

The Yellow Ribbon Program has planned a day filled with informative briefings and things that every family member needs to know. A variety of speakers and representatives will be available to address deployment issues and concerns.

For more information and to register for the event, go to this website: [www.jointservicesupport.org](http://www.jointservicesupport.org) or call Melissa Mitrik at (803) 647-3214 or e-mail her at [mamitrik@gmail.com](mailto:mamitrik@gmail.com).

(by Staff Sgt. Tracci Dorgan, 169th FW/PA)



Yellow Ribbon  
Event Coordinator,  
Melissa Mitrik.

## 3 Steps to Your Post 9/11 G I Bill Benefits

**Step 1: Log on to [www.gibill.va.gov](http://www.gibill.va.gov) to review your benefit options.**

**Step 2: Submit your application (VA 22-1990 or VA 22-1990E).**

**Step 3: Check with your school certifying official to confirm your VA enrollment certification has been sent to the VA.**

**For more information contact the Retention Office at 647-8211.**

## Check your ride before you hit the road this spring



Spring is here and it's time to ride. The motorcycle has been in the garage all winter but now you're ready to hit the road. Before you head out make sure you check your machinery.

The Motorcycle Safety Foundation T-CLOCS Pre-Ride Inspection Checklist is the place to start. This check list is available at the MSF web site or pick up a copy at the Fighter Wing Safety office.

-First take a look at your tires. Are they in good condition. Is the pressure correct; check them cold and adjust them to your load.

-Next your wheels; check the spokes, cast, rims bearings and seals.

-Make sure all your controls are in good condition.

-Check your lights, signals, mirrors and wiring.

-Now check the fluid levels.

-Check the chassis; make sure you include the frame, the suspension, the chain or belt and all the fasteners.

-Finally check the stand make sure it is in good condition and that the spring is in place.

Now that the bike is ready, make sure you are too. It's been a while so strap on the PPE and take it easy as get used to being back in the saddle.

(by SMSgt. Lee Shepherd, 169th FW/SEG)



March's Breakfast was a bit different, one reason was it snowed the night before, but didn't last. However, it affected the attendance, we only had 45-50 folks show. MG Bob Livingston was our speaker, and he made an insightful presentation about Afghanistan. Livingston certainly has the big picture, and is able to grasp the chaotic legacy and history of Afghanistan. He is also the prime candidate for the position of South Carolina's Adjutant General for the upcoming election since MG Stanhope Spears is not running again. We had a question and answer period with Livingston after his presentation, and he dealt with some poignant issues concerning both the Air and Army Guard.

McEntire History: This should "wrap up" the 1996 retirees that we want to honor, which also represents 50 years of Congaree/McEntire Air National Guard Base. The following retirees retired during the months of November and December 1996: Brig. Gen.

Charles L. Blount, Lt. Col. Philip C. Kozlik, Maj. Joseph Williams, CMSgt. Dale Wallace, SMSgt. Willie Williams, MSgt.s Leo F. Kyzer, Timothy Egan, John D. Wragg, Jr., Hattie Monson, Michael C. Beckham, and Allen W. Green, also TSgt.s Donald B. Meeks, and Manuel R. Barboza. If you noted, about half were 240th members, or former members. Speaking of the 240th, I have to mention the activation of this unit April 18, 1952. The unit was officially deactivated March 9, 2008. Almost 56 years of dedicated service. For various reasons, it is harder for me, and perhaps others, to note the dates on the more recent deployments, which have been many. One reason, is smaller callup of personnel, however, I do not want to shuck these deployments that our newer members have had to persevere. I will make a concerted effort to honor these deployments more specifically in the future. Some that come to mind have been Northern Watch, OEF, OIF, 240th to Kyrgyzstan, 245th

to Afghanistan, CE to Iraq, Security Forces to SW Asia, etc. Recently there was a deployment to Jordan, and UAE. These numerous deployments are certainly making it harder for me to keep my amateur historian status.

Next month, our Breakfast will be April 7. Our speaker will be Allan Wilson, who is running for the Attorney General position. He will have a power point presentation about Iraq or Afghanistan, not sure which, from his past deployment. This must be an upcoming election year, since we have had Bill Connor (Lt. Governor), last month Bob Livingston (Adjutant General), and now Allan Wilson (Attorney General). I urge our speakers not to dwell on politics, but merely inform us of their deployments, and experiences. We can form our own opinions of them, and determine if we would like to vote for them. As always, we will be at the Fort Jackson NCO Club, Wednesday morning beginning at 8:30, come early and stay late shooting the breeze with your old buddies.

## Lt. Col. Mark Cox bids farewell during March drill



On Mar. 6, a retirement ceremony was held for Lt. Col. (ret.) Mark Cox of the 169<sup>th</sup> Medical Group. Hundreds joined to honor Cox for his dedication to the Wing and distinguished years of military service in the Navy and Air Force. Cox, joined by his wife Robin and two sons Madison and Jacob, received the Meritorious Service

Medal and an American Flag. The ceremony, which included a musical presentation by the Sumter Church of God and recitation of the Airman's Creed, provided members of the Wing to pay tribute to Cox for his extraordinary perseverance.



## MOVIN' In, MOVIN' Up, & MOVIN' On

### Enlistments

SSgt. Cody Conner, 169th MXS  
 SSgt. Patrick Pham, 169th AMXS  
 SSgt. Anthelia Lovie, 169th AMXS  
 SSgt. Jerica Singleton, 169th AMXS  
 SSgt. Terry Kettwig, 169th MXS  
 A1C. Casey Gray, 169th MXS  
 A1C. Jeffrey Bryan, 169th MXS  
 A1C. James Street, 169th MXS  
 A1C. Robert Clark, 169th MXS  
 A1C. Thomas Mattison, 169th MXS  
 A1C. Krystal Gadson, 169th AMXS  
 A1C. Anthony Jackson, 169th MXS  
 A1C. Jabez Harris, 169th MXS

### Officer Promotions

#### Colonel

Michael Manning, 169th FW

#### Lieutenant Colonel

Charles Blount II, 169th LRS

#### Captain

Justin Dumais, 157th FS

### Enlisted Promotions

#### Staff Sergeant

Joshua Davis, 169th MXS  
 Christopher Fehrenbacher, 169th AMXS  
 Tommy Garcia, 169th MDG  
 Daniel Piotrowski, 245th ATCS  
 Jessica Spencer, 169th MDG

#### Senior Airman

Travis Catchings, 169th AMXS  
 Anthony Fields Jr., 169th MXS  
 Kim White Jr., 169th AMXS

### Retirements

Maj. Gen. Timothy R. Rush  
 JFHQ  
 35+ Years

Col. William F. Evans  
 JFHQ  
 26+ Years

SMSgt. Kreis L. Lewis  
 245th ATCS  
 27+ Years

MSgt. Tyron M. Whitener  
 169th CFT  
 20+ Years

TSgt. Tod E. Spaeth  
 169th CES  
 24+ Years

## SCANG Schedule

#### April

Boss Lift (ESGR) - April 9  
 Mandatory Annual Training  
 April 26-30

Chiefs Retirement Banquet  
 April 30

#### May

Yellow Ribbon Pre-Deployment  
 Program - May 2

Prayer Breakfast - May 2  
 ~ 0730-0830 Sunday ~

Air Expeditionary Force

2011 -- UCI (Feb. UTA)

## Base Training

*Airman Leadership School*  
 (class start dates -- five-week duration)  
 (56 seats for ANG members)

### 2010

April 19 - May 20

May 31 - July 1

July 12 - August 12

*Noncommissioned Officers Academy*  
 (class start dates -- six-week duration)  
 (75 seats for ANG members)

April 26 - June 2

June 14 - June 29

July 6 - August 12

September 7 - October 14

*Chief's Executive Course*

June (TBD)

August 2-6

August 23-27

September 13-17

### TESTING SCHEDULE

**Tuesdays, 1 p.m.**

**Drill Sundays, 12:30 p.m.**

Report for testing no later than 15 minutes before the test. Members testing on CDCs required for upgrade training must bring their AFIADL 9 course card with the following items documented:

Date review training began  
 Date due completion  
 Date review training ended  
 Supervisor's signature  
 Trainee's signature

Members without the card and required information are not allowed to test. For more information, contact a unit training manager.



**History Book Portraits will be  
 made in the Base Canteen  
 - Use the BX entrance -  
 April drill  
 (Saturday & Sunday 0900-1600)**

## REFLECTIONS

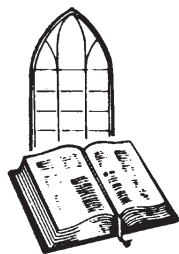
### Peace

“Rejoice in the Lord always; again I will say, Rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4:4-7

The apostle Paul wrote these words while in prison, possibly in Rome. He certainly had peace in the worst of situations. Faith in God brings peace of mind and heart because it links you to God’s mind and heart. Knowing that God is sovereign gives you the peaceful assurance that He is in control, even in the worst of circumstances. Paul lays out a few helps to finding peace in Philippians chapter four; praise God, don’t worry, be thankful, and give your request to God. We must trust God to be the giver of peace. Are you looking in the right place for peace?

“The Lord gives his people strength. The Lord blesses them with peace.” Psalm 29:11

By Chaplain (Capt.) Shane Moore



### Worship Schedule Saturday

Maintenance (hangar) & SFS after roll call

### Sunday

8 - 8:30 a.m. - “Chapel Now” (WG HQ auditorium)

10:30-10:55 a.m. - “Chapel Next” (Dining Facility)

1:30-2 p.m. - Catholic Mass

in the LRS conference room (Father Travis)

## What’s for Lunch?

### Saturday

Country Style Steak, Turkey Wings  
Mashed Potatoes and Gravy  
Mix Vegetables and Squash

### Snack Line

Sloppy Joe and French Fries

### Sunday

Pepper Steak, Teriyaki Chicken  
Rice, Corn and Green Beans

### Snack Line

Sausage Dogs, Baked Beans and Chips

The Dining Facility is open 11 a.m. to 1 p.m.  
Everyone using the facility must present a valid ID card.

## Top Achievers

### Honor Graduate

**A1C. Gene Kizer**

245th Air Traffic Control Squadron

*Basic Military Training*

### Distinguished Graduate

**SSgt. Daniel Linkroum**

169th Medical Group

*Biomed Equipment Maintenance*

*Apprentice Course*

### Outstanding Academic Achievement

**SSgt. Danielle Garcia**

169th Medical Group

*Ophthalmic Apprentice Course*



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Eastover, SC 29044-5010

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